WINNIPEG metro®

NEWS WORTH SHARING.

FREE SEMINARS

Learn about social media in business and career opportunities in this emerging field!

Wednesdays • 5:30pm
Sept. 10 - Oct. 1
Herzing College • 723 Portage Ave.

For more info:
herzing.ca/winnipeg
204.775.8175

Guilty plea in prominent child porn case

Mother of victim wants publication ban lifted PAGE 5

FALL FOR THIS PORK TENDERLOIN

GET AUTUMNAL WITH A RUSTIC MEAL THAT CAN BE DONE ON THE GRILL OR IN THE OVEN PAGE 12

ElectionFest a success

Ross Eadie, running for re-election in Mynarski, registers at the Metro Winnipeg ElectionFest held Monday night at the RBC Convention Centre. Operated in partnership with Downtown Winnipeg BIZ and the convention centre, the event drew candidates for mayor, council and school trustee, and hundreds of voters. SHANE GIBSON/METRO

MID-SEASON SALE
UP TO 60% OFF!

Hurry in store to find amazing fashion from $5 for women, men, teens and kids.*

*OFFER APPLIES TO SELECTED MERCHANDISE FOR A LIMITED TIME AT H&M STORES IN CANADA. THE OFFER IS NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR PREVIOUSLY PURCHASED MERCHANDISE. ITEM SHOWN IS NOT INCLUDED IN THE OFFER. AVAILABILITY MAY VARY BY STORE. VISIT HM.COM FOR A LIST OF STORE LOCATIONS. TERMS AND CONDITIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

H&M

FIVE THINGS YOU NEED TO KNOW TODAY

1
VICTIM NAMED
Janelle Jirasek, 24, was the woman found stabbed to death in a St. Boniface home last Saturday, police said on Monday. Kyle Hunter, 25, has been charged with second-degree murder in connection with this case.

2
APPEAL HEARD
The family of Brian Sinclair, who died during a 34-hour wait in a Winnipeg emergency room, is asking Manitoba's highest court to reinstate its lawsuit against a health authority.

3
GAP NOT CLOSING
A new report says the income gap is growing between young and old, with older workers now earning 64 per cent more after tax than younger workers, up from 47 per cent nearly three decades ago.

4
MOTHER OF AN ENDING
Still trying to figure out the pineapple mystery? The final season of How I Met Your Mother drops on DVD and Blu-ray Tuesday.

5
MORE SMALL SCREEN KING
Stephen King's time-travel novel about the Kennedy assassination is being adapted as a miniseries. The series has King and J.J. Abrams as executive producers.

Winnipeg's top cop says staffing levels justified

'Nuances.' Chief Devon Clunis questions Fraser Institute study findings

SHANE GIBSON
shane.gibson@metronews.ca

A new study from the Fraser Institute think-tank says Winnipeg's police department is the most overstaffed in the country, but WPS Chief Devon Clunis questions whether the report's findings adequately consider the city's unique policing needs.

"The dynamics here in the City of Winnipeg, we know, are incredibly different than you might find in other cities," he told Metro, citing Winnipeg's distinct socio-economic conditions. "So you can't, from abroad, just look at stats and say this is what the city would require based on what we're seeing statistically.

"The nuances and the culture of what we're doing in policing dictate otherwise."

The report, entitled Police and Crime Rates in Canada, says Winnipeg has 189 police officers per 100,000, the same as Thunder Bay and the highest in Canada.

The report says between 2001 and 2012, the number of police officers per 100,000 people rose 8.7 per cent, while the crime rate declined by 26.3 per cent.

"While more police can lead to lower crime rates, at some point, increased spending on additional police officers has little impact on crime reduction," said study author Livio Di Matteo. "Today, in many cities across Canada, an excess of police officers are dealing with less and less crime."

Clunis said he doesn't think the Winnipeg Police Service needs to hire more officers — and agrees the service could work to find efficiencies — but doesn't think now is the right time to consider cutting staff.

"Last year we saw a 14 per cent reduction in crime," he said. "I think we're going in the right direction and I'd be cautious in making radical shifts right now."

Police Chief Devon Clunis said a Fraser Institute report released Monday that claims Winnipeg's police department is the most overstaffed in the country doesn't understand the "dynamics" of the city. BERNICE PONTANILLA/METRO FILE

What the heck is Corey's? Where PROBLEMS Find SOLUTIONS!
Since I'm going back to school and I'm on a budget, where the heck can I find a laptop for under $250.00 including taxes?
Didn't my best friend Janet tell me she just finished picking up a used laptop for that price? What the heck was the name of that company she bought it from? Wasn't it on McPhillips St. Oh, I remember! Corey's Computing
where people send their friends
Corey's Computing
Used laptops from $199
Used computers from $149
NEW COMPUTERS & LAPTOPS AVAILABLE
Computer upgrades and parts
CALL TODAY! 204-586-7953
Corey's Computing has been servicing Winnipeggers' for over 25 years, providing solutions for all your computer needs.
Corey's Computing • Unit 12A – 2188 McPhillips St
www.coreyscomputing.com

$520K. Nothing wrong with mid-campaign funding announcement: Browaty

Coun. Jeff Browaty
SHANE GIBSON/METRO

Coun. Jeff Browaty took a break from his bid for re-election in North Kildonan Monday to join outgoing Mayor Sam Katz in announcing over half a million dollars in funding for improvements at a park in his ward.

The $520,000 will be used to make playground and park improvements at Chornick Park.

Browaty said he sees nothing wrong with making funding announcements just a month ahead of when voters in his ward head to the polls.

"I've been the elected official for North Kildonan for the past eight years, everything we do every day is about doing what's right for your community and for the city overall," he said. "This is just a continuation of that work."

There are no rules in Winnipeg's election bylaws that stop sitting councillors from making funding announcements during a campaign.

Improvements at the park include new benches, a new pathway, new play equipment and an expansion of the park's skateboard spot.

The Mayor's Office Civic Initiatives fund is chipping in $401,600 for the work, expected to start next spring, and the remainder of the costs are coming from the North Kildonan Land Dedication Reserve. SHANE GIBSON/METRO

For the sake of the climate

Taylor Kennedy gets her face painted during Sunday's People's Climate March in Winnipeg, which saw about 500 people walk from the Manitoba Legislature to the edge of the Red River at The Forks. Kennedy, who plans to pursue film studies in university, said she attended the rally with a group of friends because climate change is important to her. BERNICE PONTANILLA/METRO

Firefighters' union backs Wasylycia-Leis

Electoral role reversal. UFFW supported Sam Katz in 2010 campaign

COLIN FAST
winnipeg@metronews.ca

Alex Forrest announces the UFFW's endorsement of Judy Wasylycia-Leis. COLIN FAST/METRO

Four years after working to defeat Judy Wasylycia-Leis, the United Fire Fighters of Winnipeg (UFFW) say she's now their pick for mayor.

It's a bit of a surprise, since the union backed Sam Katz over Wasylycia-Leis in the 2010 election. UFFW president Alex Forrest even recorded pro-Katz voice messages that were sent to thousands of voters.

But on Monday, he was standing side-by-side with Wasylycia-Leis and dozens of union members wearing yellow "Vote for Judy" T-shirts at a campaign rally at the Fire Fighters Museum of Winnipeg.

"That was one of the hardest decisions we had to make last time," said Forrest. "We believed at that time it was in our best interest to support Sam Katz."

He said they've supported Wasylycia-Leis in previous provincial and federal campaigns, and decided to endorse her in this contest because members weren't comfortable with "extreme right" support for candidates Brian Bowman and Gord Steeves.

"What scares the heck out of me is the people they're surrounding themselves with," Forrest said, mentioning groups such as the Canadian Federation for Independent Business and the Canadian Taxpayers Federation — "very right-wing individuals that I believe will hurt this city."

Wasylycia-Leis said she's proud to have the UFFW endorsement, and the 250 additional volunteers that come along with it.

"We're going to have hundreds more folks out on the streets, knocking on doors, putting up signs and getting the vote out on election day," she noted.

Wasylycia-Leis also pledged continued support for the fire service. However, she wouldn't make any specific commitments about increasing staff levels or building new fire halls.

Quoted

"It's an extremely valuable endorsement. It comes with people who will actually be voting for you, but even more importantly, it comes with workers—which is probably the hardest thing to acquire during an election."

Sam Katz, who had the union's support in 2010 but is not running for re-election

Download eMagazines, eBooks, Movies and more!

- over 15,000 eBooks and eAudiobooks
- streaming music and movies through **Hoopla**
- popular magazines to download through **Zinio**

FREE with your library card!

guides.wpl.winnipeg.ca/ebooks

Man pleads guilty in Halifax child porn case

'People should say her name'. Second charge of distributing child porn dropped; mother of victim wants mandatory publication ban lifted

The mother of a teenage girl victimized in a prominent child pornography case said she felt a measure of comfort Monday after one of the accused pleaded guilty, but she also believes her daughter's story is not getting the attention it deserves because of a statutory publication ban.

"I do feel some solace in that she just wanted to be validated," the mother said after one of two young men charged in the case in Halifax pleaded guilty to making child pornography.

The mother said a mandatory publication ban, which prevents her now-deceased daughter from being identified, has effectively silenced her. "The reason she came forward and she was brave and told her story is because she didn't want the silence," the mother said outside youth court. "She's no longer here, so I don't agree with it at all, and I do feel that people should say her name."

The Crown dropped a second charge of distributing child pornography against the accused, who is now 20 but cannot be named under the Youth Criminal Justice Act because the offence occurred when he was 17.

Based on an agreed statement of facts read into the court record by Crown lawyer Alexander Smith, the teen girl, then 15, went to the accused's house where she, a friend and four male youths drank alcohol in the fall of 2011.

Smith said the accused took a photograph later that night, with his cellphone camera of one of the male youths having sex with the girl while she was vomiting. She was unaware that the picture was being taken and did not give consent to it, Smith said.

After the accused was arrested in the summer of 2013, he told police that he sent the photograph to the male youth who had sex with the girl the next day, Smith said. The accused is not alleged to have sent the photograph to anyone else, but the image was distributed to numerous people.

The girl's case generated international headlines since last year. But in May, a judge upheld a publication ban under the Criminal Code that prohibits the identification of victims in child pornography cases. THE CANADIAN PRESS

Bullied

The girl died after she was taken off life-support following a suicide attempt in the spring of 2013. Her family says she was bullied for months as a result of the photo.

Off, off Broadway: Polar bear protests at climate summit

A man dressed as a polar bear climbs a barricade as protesters take part in the Flood Wall Street demonstrations on Monday, preceding the United Nations's Climate Summit 2014: Catalyzing Action, in New York. TIMOTHY A. CLARY/AFP/GETTY IMAGES

'Full support'

UN member states endorse rights of all indigenous people

The United Nations General Assembly on Monday approved a document strengthening the rights of indigenous peoples worldwide.

The Outcome Document was endorsed by consensus at the start of the first World Conference on Indigenous Peoples. The gathering brought together more than 1,000 delegates from indigenous communities.

Secretary-General Ban Ki-moon said indigenous people are "central to our discourse of human rights and global development" and have an important role in the push for a more sustainable use of natural resources. Ban said indigenous people have the "full support" of the U.N. He welcomed delegates with greetings in indigenous languages from Latin America, South Africa, New Zealand, Malaysia, North America, Norway and Sweden.
THE ASSOCIATED PRESS

20TH ANNIVERSARY SPECIAL ENDS SEPT. 23, 2014
NO ENROLLMENT and SEPTEMBER FREE
SHAPES Fitness Centres
*Based on a 1 year membership. Must present coupon. See club for details.
EXPIRES SEPTEMBER 23, 2014
FINAL DAY
WOMEN'S ONLY SHAPES Women's Fitness Centres
24 HOURS SHAPES Co-Ed Fitness Centres
A Strength in Winnipeg 20 years
www.shapes.ca

Mohamed Fahmy. Harper should speak up for jailed journalist at UN: Family

Amid diplomatic hustle and bustle expected as the UN General Assembly convenes this week, the family of a Egyptian-Canadian journalist imprisoned in Cairo is hoping the leaders of Canada and Egypt will find a quiet moment to discuss Mohamed Fahmy's case.

The gathering in New York is being attended by both Prime Minister Stephen Harper and Egyptian President Abdel Fattah el-Sissi — a rare coming-together Fahmy's family hopes might yield some results.

"It's an excellent opportunity to seize," said Fahmy's brother, Adel Fahmy. "I hope they can capitalize on it."

The family isn't necessarily hoping Harper will demand Mohamed Fahmy's immediate release — although that is their ultimate goal — rather, they hope Harper or his ministers can at least convince their Egyptian counterparts to move the case along.

"We (hope) that there will be a chance for the prime minister to speak to President el-Sissi about Mohamed and try to deliver the message that what we need is essentially two things — the appeal process to be expedited … and also for the prime minister to ask that Mohamed get released for health reasons, a health release with bail and a travel ban," Fahmy's brother said.

THE CANADIAN PRESS

Mohammed Fahmy is pictured in a Cairo courtroom on March 31. HEBA ELKHOLY/EL SHOROUK/THE ASSOCIATED PRESS

Background

Fahmy was working for Qatar-based satellite news broadcaster Al Jazeera English when he was arrested on Dec. 29 along with two colleagues — Australian correspondent Peter Greste and Baher Mohamed, an Egyptian producer.

- The trio were accused of supporting the banned Islamist Muslim Brotherhood group of ousted Egyptian president Mohammed Morsi.

Afghan soldiers caught at U.S.-Canada border

Training exercise. Three army officers who disappeared from U.S. base on Cape Cod weren't considered a threat to the public

Three Afghan National Army officers who went missing during a training exercise at a Cape Cod military base were detained Monday at the U.S.-Canadian border, Massachusetts law enforcement officials said.

Massachusetts state police were notified that the three were being questioned by federal authorities at Rainbow Bridge, which connects Niagara Falls, N.Y., and Niagara Falls, Ont. Spokesman David Procopio did not have further details.

There was no immediate comment from the Pentagon.

U.S. Customs and Border Protection officials in Niagara Falls said they didn't have the men in custody. Messages left for Canada Border Services Agency weren't immediately returned.

Military officials said the Afghan soldiers had been participating in a U.S. Central Command Regional Cooperation training exercise at Joint Base Cape Cod. They arrived at Camp Edwards on Sept. 11 and were last seen Saturday at the Cape Cod Mall in Hyannis during an off day.

The soldiers were reported missing by base security personnel Saturday night. They were identified as Maj. Jan Mohammad Arash, Capt. Mohammad Nasir Askarzada and Capt. Noorullah Aminyar.

Gov. Deval Patrick, who had been briefed over the weekend on the situation, said earlier Monday that the military did not believe the three soldiers posed a danger to the public.

"They were vetted by the military. They were cleared by the military," Patrick told reporters while he visited a preschool program in Quincy.

Army Col. Steve Warren, a Pentagon spokesman, said earlier that 14 Afghans taking part in the Cape Cod military exercise were "thoroughly vetted" prior to coming to the U.S., so officials do not believe they are a threat.

The Regional Co-operation training exercises have been held annually since 2004 to promote co-operation and interoperability among forces, build functional capacity, practise peacekeeping operations and enhance readiness.

This year's exercise, which involves more than 200 participants from six nations including the U.S., is scheduled to wrap up Wednesday. Military officials from Tajikistan, Pakistan, Kazakhstan and Mongolia are also participants. THE ASSOCIATED PRESS

Vehicles are stopped by security personnel as they enter a gate Monday to Camp Edwards, Mass., on Cape Cod. Three Afghan National Army officers who went missing during a training exercise at a Cape Cod military base were detained Monday at the U.S.-Canadian border. STEVEN SENNE/THE ASSOCIATED PRESS

Quoted

"There is a lot of speculation within the military that they may be trying to defect."

Massachusetts Gov. Deval Patrick

Immigration

Research suggests e-tracking better than detainment

An internal federal study says electronic monitoring could be a useful alternative to locking up some immigrants and refugee claimants.

The study looks at the use of wired ankle bracelets, voice-recognition systems and other tracking tools in seven countries.

It suggests electronic monitoring can save money and reduce administrative burdens. The study could lay the groundwork for a pilot project to test the technologies.

A border agency spokeswoman says officials continue to study possible alternatives to detaining newcomers to Canada. THE CANADIAN PRESS

New York

Canadian arrested at JFK with guns, drugs in baggage

Police say a 24-year-old Canadian woman has been arrested at Kennedy airport with handguns, ammunition and 15 kilograms of marijuana in her baggage.

Joseph Pentangelo is the spokesman for the Port Authority of New York and New Jersey police. He says the Scarborough, Ont., woman was arrested at about 9:30 a.m. Sunday in Terminal 5.

He says Nyesha McPherson had two .40-calibre handguns, 350 rounds of ammunition and four magazines in addition to the drugs, all concealed in boxes, tubs and household products. Pentangelo says she had been ticketed to fly to Barbados.

THE ASSOCIATED PRESS

PM vows to do more to fight terrorism after ISIS threat against Canadians

The Conservative government intends to do more to counter Islamic extremism, Prime Minister Stephen Harper said Monday in response to a new threat levelled directly at Canada.

The Islamic State of Iraq and al-Sham (ISIS) issued a new audio recording over the weekend urging supporters to kill westerners — military or civilian — from countries involved in the battle against ISIS in Iraq, including "Canadians."

Prime Minister Stephen Harper SEAN KILPATRICK/THE CANADIAN PRESS

Security agencies have been tracking these events for some time, Harper said.

"We have, as you know, strengthened laws in this country to deal with these kinds of threats," he said.

"We are currently in the process of examining these laws and examining other means we may have to monitor and to take action against both organizations and individuals who may undertake activities that are potentially threatening to Canadians."

THE CANADIAN PRESS

Expanded campaign

U.S. strikes ISIS targets in Syria

The U.S. and partner nations began launching airstrikes against ISIS targets in Syria for the first time Monday night, expanding a military campaign against the militants with a mix of fighter jets, bombers and Tomahawk cruise missiles fired from ships in the region.

THE ASSOCIATED PRESS

Save the Earth with a printer?

Going green.
A Waterloo, Ont., business promoting its 3D printer in NYC argues the product can be good for the environment

Andrew Finkle and Charles Mire, the co-founders of Canadian startup Structur3D, show off the 3D printer adapter they used to create a New York Yankees logo out of Nutella at the Maker Faire festival in Queens, N.Y., on Sept. 21. THE CANADIAN PRESS

While hundreds of thousands of people marched against climate change in New York City, across town, two young Canadian entrepreneurs displayed an invention they hope might put a little dent in the global carbon footprint.

The business partners from Waterloo, Ont., took home a couple of the judges' ribbons at a technology fair Sunday afternoon, as they showed off an adapter that allows home-style 3D printers to work with additional materials.

Hooked up to one of these syringe-like contraptions, they say, a home unit is no longer confined to just printing plastic. Suddenly, a high-tech do-it-yourselfer's repertoire might include ceramic, wood filler, clay, hydrogels — pretty much any viscous substance that can be squeezed through a little tube, at room temperature.

"Are you 3D-printing Nutella?!" one woman burst out as she arrived at the display stand for Structur3D.

Yes, in fact, they were.

Playing to the local crowd, they had even set up a 3D printer to draw a chocolatey replica of a New York Yankees logo.

Mire made the point that his $379 gizmo also has serious applications, beyond Nutella spreads. One of those happens to be environmental — a buy-local movement, if you will, narrowed down to your own house. "It's one less trip (people) have to make to the store. It's one less thing they have to order off of the Internet," Mire said. "They can use locally sourced materials or make things in their own homes. In a way, it really could reduce carbon footprints on a cumulative level.... So it's just a small contribution, on a very large problem." THE CANADIAN PRESS

General Motors. Death toll continues to rise due to faulty ignition switches

The death toll from crashes involving General Motors small cars with faulty ignition switches is at least 21.

Attorney Kenneth Feinberg, who was hired by the company to compensate victims, said Monday in an Internet posting that he received 143 death claims as of Friday, and 21 of those have been deemed eligible for payments.

The defective switches can unexpectedly move to the "accessory" or "off" positions, shutting down the engine and knocking out power steering and brakes. With engines shut off, people can lose control of their cars and crash. If that happens, the air bags won't inflate.

GM has admitted knowing about the problem for more than a decade in small cars such as the Chevrolet Cobalt. Yet it didn't begin recalling the 2.6 million small cars until February.

For months, the company said at least 13 people died in crashes linked to the faulty switches, but GM acknowledged that the death toll would go higher. Some lawmakers have estimated that it's close to 100. THE ASSOCIATED PRESS

$17.8B lawsuit

Big Tobacco case enters final leg

Final arguments are underway in a landmark case pitting Quebec smokers against Big Tobacco.

The $17.8-billion lawsuit is believed to be the biggest class action ever seen in Canada.

An estimated one million Quebecers are involved in the lawsuit, which is targeting three major Canadian tobacco manufacturers. Closing arguments are expected to last several weeks and a decision isn't expected for some time. THE CANADIAN PRESS

New record

Apple sells 10M iPhones in 3 days

Apple says it sold more than 10 million iPhone 6 and 6 Plus models, a record for a new model, in the three days after the phones went on sale.

A year ago, Apple Inc. said it had sold nine million of the then-new iPhone 5C and 5S models. THE ASSOCIATED PRESS

Passport smartphone

BlackBerry's new phone cheaper than iPhone 6

BlackBerry is bringing its newest Passport smartphone to the market with a price that's lower than Apple's iPhone 6 and the latest incarnation of the Samsung Galaxy.

Units of the phone will sell for $599 US without a wireless carrier contract in the U.S., about $50 to $250 cheaper than various models of the iPhone 6 and Samsung's Galaxy S5 currently on shelves.

Canadian prices for the BlackBerry Passport haven't been officially released. THE CANADIAN PRESS

Spoiler alert! Canadians are more polite than Americans about spoilers

Sorry about that spoiler, eh?

According to a study conducted by Netflix, Canadians are characteristically polite about trying to avoid spoiling a TV show for their friends and family.

But most say they've had to apologize in the past for blurting out too much about an exciting plot point.

Meanwhile, Americans were twice as likely to think they should be able to talk about a new episode of their favourite TV show any time they want.

"(Canadians speak about spoilers) with a certain delicacy ... and they are accommodating with one another with a fine touch when it comes to social interactions," says Vancouver native Grant McCracken, a cultural anthropologist who has worked with Netflix to examine viewership trends.

"Americans, in maybe that characteristically American way ... get to that diplomatic moment, they start to code things (during conversations), but they go, 'This is stupid, let's let fly,' and it's up to the spoilee to protect themselves." THE CANADIAN PRESS

Oopsie

69%

In an online poll of 1,506 Canadians conducted for Netflix by Leger Marketing, 69 per cent of the respondents said they had accidentally spoiled a show for someone in the past.

Market Minute

DOLLAR 90.65¢ (-0.70¢)

TSX 15,129.00 (-136.35)

OIL $90.87 US (-$0.78)

GOLD $1,217.90 US (+ $1.30)

Natural gas: $3.85 US (-$0.01)
Dow Jones: 17,172.68 (-107.06)

APRIL 24 - 26, 2015
RED RIVER EXHIBITION PARK
BBB
Start With Trust
HOME & REPAIR RENO SHOW
JUST FIX IT!
A unique event promoting BBB Accredited Businesses.
For more information on the Trade Show please contact Show Office
@ 204.256.1916 or showmanager@manitoba.bbb.org
www.homerepairandrenoshow.com
NOW ACCEPTING EXHIBITOR APPLICATIONS

FASHIONABLE PEOPLE WEARING QUESTIONABLE THINGS

SHE SAYS

Jessica Napier
metronews.ca

I would never say that I was bullied in high school, but I do have a vivid memory of one particular Mean Girl moment. I must have been about 13 or 14 when a classmate cornered me at my locker, looked my body up and down and asked: Why do you dress like that?

I think she was referring to my attempt at early 2000s European street style; a look that didn't exactly translate at my suburban Canadian high school. But despite her harsh disapproving attitude I have to admit it was an interesting question. Why did I choose to dress like that? Why do any of us buy and wear certain types of clothing, and why do other people care?

The question of why we wear what we do is the subject of a new book edited by Toronto author Sheila Heti in collaboration with Leanne Shapton, Heidi Julavits and Mary Mann. Women in Clothes includes contributions from 639 women — writers, fashion industry insiders, famous types and normal people — exploring our emotional attachment to clothing. The book features a diverse array of perspectives that were crowd-sourced through personal interviews and an online style survey.

I'm sure some people would dismiss such a compilation as superficial frippery — who really needs to read 500-plus pages on getting dressed? But I think there's great value in understanding how women from all walks of life present themselves to the world through their clothes.

Magazine editors like to write about "statement pieces," but every piece of clothing we own sends a message, even if it's understated. Clothes tell a story about who we are and how our personalities, lifestyles and bodies change over time.

Wardrobes are tangible scrapbooks filled with mundane and momentous items: bathing suits, pyjama pants, pencil skirts, Bridal gowns, maternity dresses, underwear and so much more.

And then there are the clothes that got away: the expensive pair of high heels you just couldn't justify buying, the earring that fell down the drain never to be seen again, or the one-of-a-kind leather jacket you accidentally abandoned in a restaurant coat check. I don't follow fashion week runway shows or trend reports, but I do love clothes. I am always curious about the changing shapes, cuts, colours and varieties. Most of all, I'm inspired by the ways in which other women choose to wear their clothes, from the professionally chic fashion blogger in my Instagram feed to the stylish woman waiting for bus alongside me in the morning.

I'm happy to look back at those cringe-worthy photographs in my high school yearbook because I'd rather be occasionally embarrassed than always play it safe in basics.

Why not take an experimental approach to dressing and try on different styles and trends? Saying "I can't pull it off," is the most absurd sartorial statement anyone can make. Of course you can pull it off — all you have to do is put it on.

When it comes to answering the question of why we dress the way we do, there's no singular answer. Style is determined by a number of personal and cultural reasons. Clothes are functional, but they can also be fun and experimental and yes, sometimes a big mistake.

Insert David Bowie song title reference here

In this artist concept provided by NASA, the Maven spacecraft approaches Mars on a mission to study its upper atmosphere. Late Sunday night, Maven entered orbit around Mars for an unprecedented study of the red planet's atmosphere. NASA HANDOUT/THE ASSOCIATED PRESS

NASA's Maven looks for clues to life, on Mars

NASA's Maven spacecraft entered orbit around Mars for an unprecedented study of the red planet's atmosphere, following a 710-million-kilometre journey that began nearly a year ago.

The robotic explorer successfully slipped into orbit around the red planet late Sunday night. Scientists believe the Martian atmosphere holds clues as to how Earth's neighbour went from being warm and wet, billions of years ago, to cold and dry. That early wet world may have harboured microbial life, a tantalizing question yet to be answered.

THE ASSOCIATED PRESS

1 Martian year = 2 Earth years

Maven — short for Mars Atmosphere and Volatile Evolution Mission — will spend at least one Earth year collecting data.

- The craft is as long as a school bus, from solar wingtip to tip, and as hefty as an SUV.

Woohoo!

"I think my heart's about ready to start again.... All I can say at this point is, 'We're in orbit at Mars, guys!'"

Bruce Jakosky, Maven's chief investigator

MetroTube

Meanwhile, in Russia ...

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's been a while since we've had a good "Meanwhile, In Russia" presentation, so it's perhaps timely that the all-seeing eyes hovering over the country's roadways have checked in with this lucky cyclist, who walked away from the most terrifying bike crash you're likely to see. (Palvinder Kaur/YouTube)

GETTY IMAGES FILE

Twitter

@metropicks asked: "F* it, I quit." A woman in Alaska left her reporting position on air using profanity. What kind of exit would you make to leave a lasting mark?**

@AllisonThiessen: my brother baked a cake with "I quit" on it to end a job on a sweeter note.

@BrittanyJoyce22: I once quit by telling my boss is was time for me to get "A real job" I meant to say "A job in my field" #Oops

@WTarcisio: I always leave doors open in the job. Life is not a Jim Carrey movie

Join the conversation @metropicks

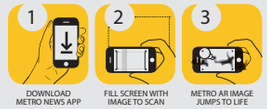
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 9 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager:** Rod Chivers • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

DVD review

Neighbors

Director. Nicholas Stoller

Stars. Seth Rogen, Zac Efron, Rose Byrne

This bumpy comedy by Nicholas Stoller (Forgetting Sarah Marshall) finds mirth in how we're all just one life change away from curmudgeonhood. One minute you're smoking grass, the next you're screaming at "kids" to get off your lawn.

Seth Rogen and Rose Byrne, both in their early 30s, play the "old couple next door" to a group of wild frat boys led by Zac Efron, age 26.

Rogen's Mac and Byrne's Kelly are one-time ravers who are now parents of an adorable baby girl. All they want, as any parent would, is a little peace and quiet so their darling can sleep blissfully at night.

But that's not happening now that the local college frat boys of Delta Psi have moved next door. Cue mayhem as diaper changers and toga wearers collide. Hose off, repeat for occasional laughs. **PETER HOWELL**

Television

Colin Farrell joins True Detective

After months of rumours, actor Colin Farrell has finally confirmed his involvement in the second season of HBO's crime series True Detective. Farrell will share the billing with three other actors whose names have yet to be revealed.

In an interview with the Sunday World, Farrell confirmed his participation in Season 2 before sharing a few details on the project: "I know it will be eight episodes and take around four or five months to shoot. I know very little about it, but we're shooting in the environs of Los Angeles which is great. It means I get to stay at home and see the kids."

Taylor Kitsch, Elisabeth Moss and more recently Rachel McAdams are among those rumored to be in line for the additional lead roles. **AFP**

S.H.I.E.L.D. actor relishes Grant scheme of things

metro AR Scan this photo with your Metro News app to check out a video recap of Season 1 of Agents of S.H.I.E.L.D. before you start watching Season 2.
CONTRIBUTED

Agents of S.H.I.E.L.D.

Brett Dalton's OK with hate-on fans have for turncoat character he plays in show they love

RICHARD CROUSE
scene@metronews.ca

Brett Dalton knows he's the gent Agents of S.H.I.E.L.D. fans love to hate. "I get boos," he says.

As Agent Grant Ward he spent most of the show's first season as a gruff but good guy. Then in a late season development, it was revealed that he was actually a spy working for HYDRA, a criminal organization dedicated to global domination.

"I get some, 'I trusted you!' 'I feel betrayed.' 'My mother still believes in you!' I get the whole gamut. It's kind of all over the place for me. For the other actors it's more like, 'Oh my gosh, I love you on the show.' For me it's more like, 'I love-hate you.' I get a little of both.

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

The actor, who holds a masters degree from the Yale School of Drama, had no idea there were big changes in store for Agent Ward.

"I'm glad they didn't tell me," he says, "because I really would have tipped my hand. They told me the episode before and there were a couple of shoot days left and even in those shoot days it kind of did me in mentally because I was thinking, 'Am I listening like a spy? Am I giving too much away?' All I was doing was listening in the scene. Standing and listening. But the way in which I was listening, I wasn't so sure about."

The fan reaction to his character's double cross was swift.

"In the beginning some of the tweets were like, 'I want to punch @iambrettdalton in the face.' They didn't say Grant Ward, they tagged me and said they wanted to punch me in the face. I thought they could have just typed in Grant Ward."

As the show goes into its second season Dalton tips his hat to the fans. Without them the show wouldn't exist, literally.

When Agent Coulson, played by Clark Gregg, was killed by Loki in The Avengers movie it triggered a worldwide Coulson Lives crusade that inspired Marvel to create the show.

"The whole Coulson Lives campaign was started by the fans," he says, "and became this really fun, underground stencil that was seen around the world. Then Marvel got wind of it and decided to make a whole TV show around Coulson putting together a ragtag group of people trying to save the world each week.

"The show exists because of the fans. And that's the reason we have Season 2 as well, because we have such amazing fans who tune in each week and follow everything and are so eager about the whole thing. They're why we do what we do."

Boo who?

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

Brett Dalton on fan reaction to his character Grant Ward's double cross on Agents of S.H.I.E.L.D.

SCENE

Katherine Heigl ALL PHOTOS GETTY IMAGES

Heigl tours world of war without leaving the studio

Maybe sometimes we're too fast to jump all over Katherine Heigl anytime she does, well, anything.

For instance, when Heigl posted a photo of herself and co-star Chris McKenna from the set of her new series, State of Affairs, with the caption "Santa Clarita played part of Kabul, Afghanistan today," several critics were quick to point out she was standing in front of posters from Iraq.

Well, Heigl wants you to back the hell off, OK?

"Our secret is out!" she says in a statement. "The sets we use on State of Affairs represent many different countries around the world. We were actually shooting scenes in 'Kabul,' but for the selfie had wandered into 'Iraq' by simply crossing the street. Movie magic, people!"

Italian paparazzi pump ego for 'declining' star Stone

Sharon Stone is getting some bad buzz from the Italian filmmaking duo Pupi and Antonio Avati, with whom she worked on the upcoming Golden Boy.

The Avati brothers recounted some diva-ish behaviour on Stone's part, brought on by the presence of paparazzi, according to the Hollywood Reporter.

"We brought her to the most luxurious suite of the Hassler Hotel. The next day on set, there were more than 200 paparazzi. There, her ego definitively inflated. It is the classic pattern with these American actresses who are slightly declining."

Ouch. And Pupi remembers Stone ghosting on them completely.

"We looked for her everywhere, but nothing," he says. "Then my brother received a phone call from Los Angeles from her manager: She wouldn't come back on the set until the photographers … had gone away. Obviously we did so and she, like nothing happened, shot the scene. The thing that I found most absurd is that she had to call to the States and to close herself in a car, instead of coming to ask us directly."

Sharon Stone

By the way, Pupi says that despite all this, he'd still totally re-team with Stone.

"It is not absolutely true that I would never work with her again," Pupi says.

Except at this point I'm not sure that's exactly up to him.

metro
WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.
So do movie features, sports highlights, celebrity gossip...
metro AR
Download the Metro News App today at metronews.ca/mobile

Jon Hamm

Mad Men pillow talk is secure, Hamm vows

While the rest of us have to wait until next year to find out how Mad Men ends, there is at least one person not working on the show who knows what happens: Jon Hamm's longtime girlfriend, Jennifer Westfeldt.

But don't expect her to spill anytime soon.

"Oh, she knows. I tell her everything," Hamm tells Us Weekly. "I tell her everything and she definitely knows. She won't tell anyone."

Perhaps series creator Matthew Weiner stands outside their window menacingly every night just to make sure.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Taking a stand for all muggle women around the world

NED EHRBAR
Metro in Hollywood

Ladies and gentlemen, Emma Watson is your new feminist icon.

The Harry Potter star and UN Goodwill Ambassador gave an impassioned speech at the United Nations headquarters this weekend to launch the HeForShe campaign, looking to help turn men into advocates as well.

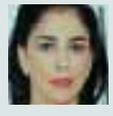
"I decided that I was a feminist. This seemed uncomplicated to me. But my recent research has shown me that feminism has become an unpopular word. Women are choosing not to identify as feminists. Apparently (women's expression is), seen as too strong, too aggressive, anti-men, unattractive," Watson said during her speech.

"Why has the word become such an unpopular one? I think it is right I am paid the same as my male counterparts. I think it is right that I should make decisions about my own body. I think it is right that women be involved on my behalf in the policies and decisions that affect my life. I think it is right that, socially, I am afforded the same respect as men."

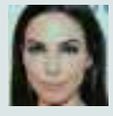
I have no joke here but just wanted to point out that Watson is awesome. Although I was a little distracted by the presence of her ludicrously attractive brother seated behind her.

Twitter

@KevinHart4Real
And the award for the dumbest guy on the planet goes to me ... Who buys the new iPhone6 & drops it & cracks his screen? The answer is ME



@SarahKSilverman
It's imperative that you not make eye contact when dealing w drunk people



@WhitneyCummings
If I'm flirting with you, it probably means I'm about to ask you if I can borrow a phone charger

A breath of awareness

Idiopathic pulmonary fibrosis. Rose McGowan got involved in the fight against the deadly disease after her father passed away

IZABELA SZYDLO
life@metronews.ca

Actress Rose McGowan holds a photo of her and her father, who died of IPF. CONTRIBUTED

For the last 22 years, actress Rose McGowan has entertained us on the silver and small screens. But playing Tatum in Scream or Paige on Charmed wouldn't compare in difficulty to the role she played when her father was diagnosed with idiopathic pulmonary fibrosis (IPF).

"It was definitely my realest role," says McGowan of being her father's caretaker during his fight with the fatal lung disease, which causes scarring that makes it increasingly difficult to breathe. "Breathing is so fundamental. So to have it bring you closer to dying every time you do it is horrifying."

After her father's death five years ago, McGowan became involved with the Coalition for Pulmonary Fibrosis and Daughters of Pulmonary Fibrosis in the U.S. She recently teamed up with the Canadian Pulmonary Fibrosis Foundation (CPFF) for its IPF Awareness Month, which McGowan says is a feat in itself.

"When I became involved, there was hardly a website," she says. "So, to designate September as IPF Awareness Month is huge. I think people are asking what it is a lot more. There are so many causes people can pay attention to but this one is really important, especially since it is crossing age lines."

Though about 15,000 Canadians are diagnosed and 5,000 die of IPF every year, little is known about the disease, including its origins. And while it generally hits those who are 50 or older, in 2011, Helene Campbell, a 20-year-old Canadian, was diagnosed. Like many sufferers, Campbell, who appeared on Ellen after her organ-donor video went viral, was misdiagnosed with asthma. Other misdiagnoses include pneumonia or heart failure.

"It is common to be misdiagnosed because all the complaints sound like different things." Symptoms include blue lips, dry cough, difficulty getting a full breath and uneasiness. "I had never heard of it and neither had my dad; that's why it was such a shock. I went with him to the pulmonologist after he was misdiagnosed for about nine months and the doctor just shook his hand and said, 'I'm so sorry.'"

As part of its efforts, CPFF launched a social media campaign called Kiss IPF Goodbye. For every share of the organization's videos and/or use of the hashtag #KissIPFGoodbye on Facebook, Twitter or Instagram, pharmaceutical company Boehringer Ingelheim will donate $5 for research.

Aside from educating the public, McGowan spends time with IPF patients and their caretakers. Having watched her father go from a "bear of a man who hiked trails everyday, was super active and a vegetarian" to being unable to walk up one stair caused a lot of confusion and frustration, she says.

"It was horrible seeing him go through it and it's so awkward because I look back and there's all these things I should have asked and said," she says. "I would say to anyone who has a sick loved one, just talk. There are also support groups for both patients and caretakers because it is exhausting."

McGowan is realistic about her expectations for short-term IPF research and says she hopes to see a treatment developed to slow the progress of the disease.

"To help people live better lives while they are here is really my goal," she says. "It's one of those things where people are like, 'I want to lend my voice and support' but for me, it's like, 'I want to lend some reality.' This is real and it's scary and it hurts. I want that to stop."

Common vaccine myths and a dose of reality

EVA KIS
Metro in New York City

There are many misunderstandings surrounding vaccines. ISTOCK

Dr. Paul Offit of the Children's Hospital of Philadelphia, who helped invent the vaccine against rotavirus, grew up in the '50s and '60s before the development of vaccines and suffered through "all the childhood diseases."

"But my children, who are 22 and 19, not only don't see these diseases, they didn't grow up with these diseases," he says.

Offit dispels some myths.

Vaccines and autism are linked

Offit calls this a "cautionary tale" of what can happen when people are desperate for answers. It began with a British researcher who published a biased, flawed study in 1998. Since then, tens of millions of dollars have been spent on research to disprove it. The program notes that new autism studies point to brain abnormalities detectable in the womb — meaning the disorder is genetic.

Mercury in preservatives poses a hazard

Thymerosal is no longer used in the typical vaccines given to kids, Offit says, with the exception of some multidose flu vaccines. The mercury in thymerosal is not the same as environmental mercury. "The most dangerous aspect of getting vaccines is driving to the office to get them."

Healthy people won't benefit

Viruses don't care how many fruits and vegetables you eat. Your body won't know how to defend itself unless it has come into contact with the specific virus before. The only way to build immunity is to get vaccinated or become infected. "So you'd prefer it to see that virus in a controlled, benign way with vaccination, rather than in an uncontrolled way."

A few people opting out won't matter

For highly infectious diseases such as measles, 95 per cent of a community must be vaccinated. If the rate drops below that threshold, the "herd immunity" that protects those with the weakest immune systems is lost. Though measles was considered eradicated in the U.S., all it takes is an unvaccinated person being infected in a foreign country to bring it back.

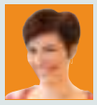
HPV vaccine makes teens promiscuous

"This doesn't make sense on its surface," Offit says, likening it to "the notion that if you get a tetanus vaccine, you now feel you can run across a bed of rusty nails." A study of more than 1,200 girls found that it doesn't increase risky sexual behaviour. What it does do is offer protection from the most common types of HPV.

Tonight's pork dinner deserves a little tenderloin and care

Health Solutions

Lean and tender; what else could you ask for?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Loin is your secret password. It is and always will be the leanest cut of meat, despite your choice of animal.

Beef tenderloin, lamb loin, or pork tenderloin always come from beneath the ribs next to the backbone where fat rarely accumulates. Since it is an underused muscle it always stays tender.

Here are some tips for cooking it:

• Use a meat thermometer and don't cook past 140 F (even the pork!). It may still be a little pink.

• Season the loin well and roast at a high temperature (425 F) for a quick weeknight meal.

• It goes well with Asian flavours, Indian spices, or Mediterranean or Caribbean seasonings.

• Serve loin with something sweet like chutney or fruit compote.

• Bake a couple extra and use throughout the week. They're great in sandwiches, salads and stir frys.

• Some wrap it in bacon to add flavour and keep the meat extra moist.

Always allow tenderloin to rest before slicing. Five to eight minutes tented with foil should do it. The juices can run out if it's cut while still too hot and your meat may end up stringy. And no one but Tarzan wants string on their loin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves six. THERESA ALBERT

Spiced Pork Tenderloin.

Welcome autumn with this rustic dish that can be made on the grill or in the oven

THERESA ALBERT
myfriendinfood.com

With sweet spices like clove, combined with savoury spices like garlic and thyme, this tenderloin is flavourful but lean. It goes very well with fresh peaches, pears or apples on a simple salad for a low-carb or paleo dinner.

1. In a bowl combine all ingredients and add pork, turning to coat. Marinate in large freezer bag in fridge up to 24 hours or on counter for 10.

2. Place pork on greased grill over medium high heat and close lid. Cook 6 minutes, turn, cook 6 more minutes and turn again. Cook with lid down, except when turning. Alternatively, it can be cooked in oven at 450 F for 30-40 minutes until internal temp reaches 160 F.

3. Let stand for 5 minutes before cutting.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 2 tsp grapeseed oil
- 4 cloves garlic, minced
- 2 tbsp fresh thyme, chopped (or 1 tbsp dried)
- 1 tbsp paprika
- 2 tsp ground clove
- 1 tsp ground cumin
- 2 tsp pepper
- 1/2 tsp salt
- 2 pork tenderloin (12-16 oz each)

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

To go raw or not to go raw?

For most of us, piping hot, slathered with butter and sprinkled with salt really is the best way to enjoy corn on the cob.

Our only gripe with it? It's so good, we tend to forget that fresh corn doesn't need to be cooked to be delicious.

Ingredients

- 3 tbsp unsalted butter
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- Pinch of red pepper flakes
- 2 ribs celery, chopped
- 1 red bell pepper, cored and chopped
- 4 ears corn, kernels removed
- 1 cup shelled edamame
- 1 cup grape tomatoes, halved
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh chives
- Kosher salt and ground black pepper

Adding raw corn kernels is an easy way to push just about any salad over the top.

The best way to cut kernels from an ear of corn is to stand each ear on its wide end on a cutting board. Then use a serrated to knife to saw down the side of the cob, cutting just deep enough to slice off the kernels. Rotate the cob and saw down again, repeating until all of the kernels are removed.

Not ready to go raw? Here is a Corn and Edamame Succotash that still gets you thinking beyond the basic cob.

1. In a large deep skillet over medium-high, melt the butter. Add the garlic, onion and red pepper flakes, then sauté for 4 to 5 minutes, or until tender.

2. Add celery, red pepper, corn kernels and edamame. Cook for 5 minutes. Stir in the tomatoes, thyme and chives, then season with salt and pepper. Cook for another 2 minutes. Serve warm or at room temperature.

THE ASSOCIATED PRESS

CONTRIBUTED

INNOVATION THE KEY TO SUCCESS

The new innovation development certificate at PACE (professional, applied and continuing education) University of Winnipeg is hoping to train a run of new innovators.

"The innovation development certificate is an opportunity for students to learn how to transform innovation from a random event that happens by experts in 'brainstorming' sessions, into a proven, repeatable process that drives confidence and empowers all employees to drive innovation in organizations," says John Ferris, CEO, inVision Business Edge, and instructor of the innovation development certificate.

Students in this program will learn a systematic approach to innovation that has been proven in companies such as Nike, Disney, Coke, Ford and many others.

Ferris says the combination of the four class offerings (create, communicate, commercialize and systems) will lead students through an innovation process from the creation of an idea through to a confident implementation that has been proven through rapid cycles of "fail fast/fail cheap" learning through math modelling, prototyping, data mining, market research and many other methods to prove out success.

"The innovation development certificate will give students a definite career edge because not only do they get 'why' we need to innovate, but they will know 'how' to make it happen," Ferris says.

For more, visit pace.uwinnipegcourses.ca/innovation-development-certificate.

Social media marketing: A Pinteresting opportunity

Herzing College offers a new media co-ordinator program

SHUTTERSTOCK

For many people, social media has become a way of life. Almost everyone has a Facebook, Twitter, Instagram, YouTube, and/or Pinterest account.

Social media can be used to voice your opinion and to share your experiences with friends and family.

It also serves as an incredibly important marketing tool, and how it is used can be vitally important to the success of a brand.

The new media co-ordinator program at Herzing College will teach you the right way to use social media to market any business or organization.

This program is designed to provide students with a wide range of marketing skills, including social media, and online marketing, advertising and communication techniques that will prepare them for careers in a variety of different organizations across many different industries.

Herzing Winnipeg is accepting students for this newly introduced program.

The program will be offered at multiple points throughout the year, and classes will run 20 hours per week, Monday to Thursday.

Students are encouraged to contact Herzing College and make an appointment to see an admissions Adviser, as it is expected this program will fill up quickly.

For more information about this program, visit herzing.ca/winnipeg.

THE UNIVERSITY OF WINNIPEG | Professional, Applied and Continuing Education

Ready for your
DREAM JOB?

Learn more about the programs at PACE and how PACE can help you land your Dream Job?

Add that career finishing to your previous education or begin a new educational journey.

Full-time, part-time and online program options available.

We will help you tie all the pieces together and make your education count!

PACE.UWinnipeg.ca

DISCOVER · ACHIEVE · BELONG
204-982-6633

Helping you help others.

Inquire about our Health Care Aide, Medical Office Assistant, and Community Support Worker programs.

HERZING COLLEGE
204.775.8175 • herzing.ca/winnipeg

Create interesting, functional websites

Begin building sites quickly at Red River College

When it comes to having an online presence, almost all businesses and organizations in North America have one.

When it comes to creating these sites, the website development course at Red River College will teach individuals how to create interesting, functional websites by acquiring both technical and design skills.

"The web is essential for any product, service or message that a business wants to promote," says Margaret Braid, program manager, applied arts, school of continuing education, RRC. "Learning how to create and maintain effective websites is essential for any organization's success."

The website development program consists of 12 courses — six core and six electives — but Braid says it is not necessary to complete the entire program to become employable.

Students acquire the basic skills and begin building websites very quickly.

"As they take more courses, they enhance their skills and are able to create more sophisticated sites," says Braid. "Red River College is striving to keep pace and is introducing new courses as new techniques come online. It is an area in which students are never finished learning."

The first course of the program is an introduction course designed to give students a hands-on overview of the field of website development. They will learn to create simple websites and are exposed to HTML, JavaScript and Photoshop.

Other courses will have students diving further into the world of website development where they will learn about graphic design and Dreamweaver.

Students are able to apply the skills they have learned in a variety of careers.

Website development graduates are able to assist in the marketing and information dissemination in any field.

"Often, students in this program have been directed by their employers to take some of these courses specifically to create or improve the business's website," Braid says.

IN CLASSROOM OR ONLINE

The website development certificate program is a part-time program.

Students are able to enrol in the program either through the classroom delivery format, or distance delivery.

For more information about this program, visit rrc.ca/web.

SHUTTERSTOCK

Advance your web design skills

Our program offers you access to the latest web design software to keep your career on the right track.

Create visually appealing graphics, attention grabbing online videos, and user-friendly websites. With our "best practices" approach to web design, you will create sites that are not only visually appealing but are also accessible, usable and standards compliant.

This program is available by classroom and online delivery.

Explore your options.

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/web

Keep work, life balance during school

U of M students can complete education without affecting their work schedule

CONTRIBUTED

Having flexible course options gives University of Manitoba — extended education students the ability to manage their education while maintaining a work, life balance.

"The majority of our students are also working professionals, and going back to school is not their only priority," says Sheri Hubert, area co-ordinator, Continuing Education, University of Manitoba. "Many are juggling full-time work, caring for families, volunteer commitments, etc., in addition to wanting to further their career."

With this in mind, the University of Manitoba offers individuals the flexibility to either study in class or online.

Continuing education courses can be taken individually for professional development or can be applied towards a certificate program.

"Eighty-nine per cent of our students are working full time when they start a certificate program," Hubert says. "Online, evening and weekend course offerings occur outside of the regular business hours and allow employees to complete their education without affecting their work schedule."

This is also great news for employers looking to have their employees gain some new skills.

"Employees bring newly learned skills and knowledge back to their workplaces and are applying this knowledge immediately to their everyday work situations," Hubert says.

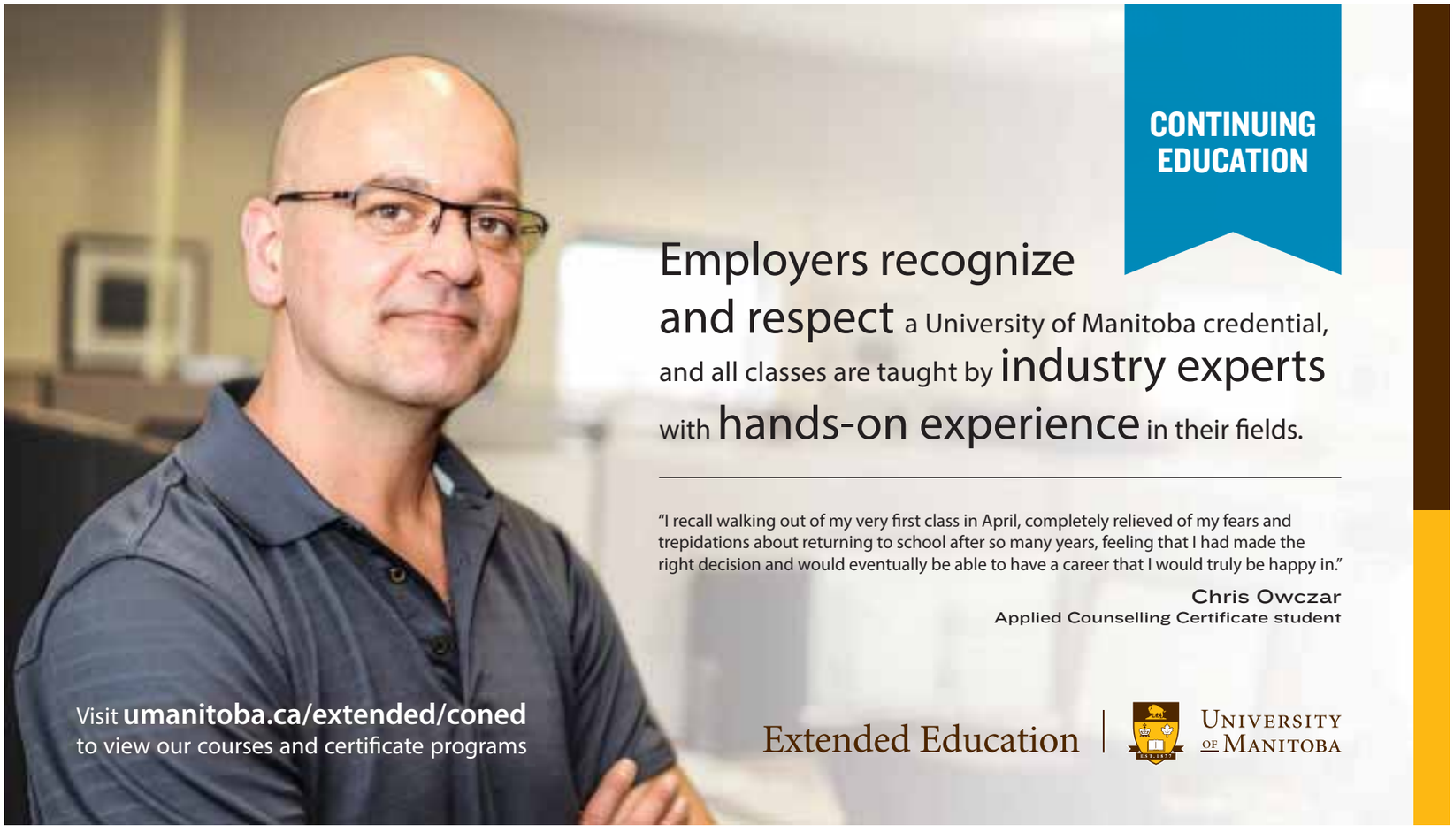
And the learning does not need to stop after just one course or program — some programs allow students to carry on their studies.

"Our students graduate with a well-recognized University of Manitoba credential, which may then be applied towards completing a U of M bachelor of arts degree," Hubert says. "And we are happy to assess related courses that have been taken at other institutions to determine if they can be applied for credit in one of our certificate programs."

For more information about all the part-time programs offered through University of Manitoba — extended education, visit umanitoba.ca/extended/coned.

TWO NEW STUDIES

The University of Manitoba is pleased to offer two new advanced credentials. The first is in aerospace program management and the second is a program in online learning design. The university also offers a variety of new courses and workshops each term.


CONTINUING EDUCATION
Employers recognize and respect a University of Manitoba credential, and all classes are taught by industry experts with hands-on experience in their fields.
"I recall walking out of my very first class in April, completely relieved of my fears and trepidations about returning to school after so many years, feeling that I had made the right decision and would eventually be able to have a career that I would truly be happy in."
Chris Owczar
Applied Counselling Certificate student
Visit umanitoba.ca/extended/coned to view our courses and certificate programs
Extended Education | University of Manitoba

Creating healthy lotions for the skin

Hands-on instruction from Wellington College

If you have ever been interested in creating your own body lotions and creams, the organic cream creations workshop at Wellington College will show you how.

"This workshop is a great chance to get to understand how to make your own massage mediums while understanding their composition and the benefits of each ingredient," says Brie-Ann Timings, associate director, Wellington College.

"With all the chemicals and unknown substances in our cosmetic products today, this workshop will give you the knowledge to create healthy lotions for the skin."

In this one-day workshop, participants will have hands-on instruction in making organic massage creams, lotions, butters and therapeutic gels.

"Participants will be encouraged to smell, touch and taste dozens of fresh, organic and natural oils, butters, waxes, botanical and essential oils and taught to make their own fresh and toxin-free therapeutic massage products," Timings says.

WORKSHOP IN NOVEMBER

The workshop takes place on Nov. 8, from 9 a.m. until 5 p.m. at a cost of $450 plus GST. Each participant will receive a box of products to create their lotions, gels and oils during the workshop. They will be able to take home their creations.

Participants will also be taken through an introductory study of the skin, its function and the absorption rate of the body.

From there, participants will learn about the nutrients in oils, waxes, butters, botanicals and essential oils and the therapeutic value they offer the skin and body.

"Part of this course will explain the benefits of oils, butters, waxes, botanicals and essential oils, while recognizing over 50 chemicals commonly found in massage products that are harmful to the body," Timings says.

CONTRIBUTED

This workshop is led by instructor Jacqueline Syzek, agraduate from the Massage Therapy College of Manitoba in 2000. She has pursued further education in Reiki, yoga therapy and infant massage, and is the owner of Jacqueline Organics.

"Jacqueline knows the importance of using safe and organic products on the skin, which is why she creates her own products from scratch, and teaches her techniques to other massage therapists who share her passion for using natural massage products," Timings says.

For more, visit wellingtoncollege.com.

4 SPORTS

Ravens on Rice

Owner: 'No misdirection, misinformation'

Baltimore Ravens owner Steve Bisciotti criticized a report that suggests he and other team officials tried to persuade the NFL to be lenient on Ray Rice, after the running back was arrested for knocking out his then-fiancée in an Atlantic City elevator.

Bisciotti held a news conference Monday to respond to an ESPN report last week that he, president Dick Cass and general manager Ozzie Newsome pushed commissioner Roger Goodell for leniency for their star running back.

"Their accusations didn't jibe with what we know is fact," said Bisciotti, who said he expected Rice to be suspended four to six games.

The owner also said, "We did not do all we should have done, and no amount of explanation can remedy that. But there has been no misdirection or misinformation by the Ravens." THE ASSOCIATED PRESS

Silver says ...

"We learn from other leagues' experiences.... We're going to take a fresh look at everything we do."

NBA commissioner Adam Silver on his league's response to the NFL's domestic violence issues

Goodell in 'difficult situation': Bettman

Commiserating with NFL commish. NHL boss says being under microscope part of job

NHL commissioner Gary Bettman chats with Don Cherry at a meeting for The Canadian Club of Toronto to launch the upcoming season on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Gary Bettman understands the intense scrutiny NFL commissioner Roger Goodell is under.

Goodell has been harshly criticized for being too lenient or not acting quickly enough to punish Ray Rice, Adrian Peterson and other players involved in a rash of recent domestic violence incidents.

"I think he's working very hard in a difficult situation," Bettman, the NHL's longtime commissioner, said Monday.

Bettman said it's impossible to be too comfortable in a job like his or Goodell's because unpredictable things happen.

"Whenever that phone rings, and sometimes it does at two in the morning, you've got to respond and you've got to have your A-game otherwise you're liable to make a mistake, and when you make a mistake in this position, it gets magnified," Bettman said at a meeting for The Canadian Club of Toronto.

Arrested for punching his then-fiancée and now wife earlier this year, Rice was originally suspended for two games, but after a video surfaced on Sept. 8 showing the violent attack, he was released by the Baltimore Ravens and suspended indefinitely. Peterson has been indicted on child-abuse charges and deactivated by the Minnesota Vikings but has not been suspended.

30 teams enough for now

"I'm not suggesting that at some point in the future we might not look at it, but we're not ready to do it now."

Gary Bettman on NHL expansion

Bettman said the NHL's security department and behavioural health counsellors have talked to players about the topic of domestic violence for more than a decade.

"Based on our experience to date, we believe that the appropriate procedures are in effect that we can do what we need to do on a case-by-case basis," he said.

The collective bargaining agreement includes procedures on how to handle off-ice incidents and gives the NHL power to suspend a player amid a criminal investigation if failing to do so would "create a substantial risk of material harm to the legitimate interests and/or reputation of the league." THE CANADIAN PRESS

Jets off to flying start in pre-season play

The Jets' Adam Lowry tries to deflect a shot against Wild goaltender Niklas Backstrom on Monday at the MTS Centre. TREVOR HAGAN/THE CANADIAN PRESS

Dustin Byfuglien broke open a scoreless game in the second period to lead the Winnipeg Jets to a 2-1 win over the Minnesota Wild on Monday to open the NHL pre-season for both teams.

Byfuglien slammed the puck past Ilya Bryzgalov from the blue-line, on a Winnipeg power play at 14:15.

It's a trademark shot for Byfuglien, back in his comfort zone on defence because Winnipeg was on the power play. He's a forward, on a line with Andrew Ladd and Bryan Little, at even strength.

Byfuglien's slapshot was in the corner of the net before the veteran netminder closed his glove. Bryzgalov wasn't signed again this season by the Wild but was invited to camp on a tryout contract after Josh Harding broke his foot.

On Monday

Jets	Wild
2	1

Little made it 2-0 early in the third, slipping another behind Bryzgalov from a scramble beside the Minnesota net.

The Wild pulled their goalie and spoiled the shutout with 14 seconds left in the game when Tyler Graovac scored on a power play.

Both teams played a lot of prospects. The Jets didn't dress last season's top scorer, Blake Wheeler, or Evander Kane, and gave last season's star rookies Mark Scheifele and Jacob Trouba the night off.

Wheeler, Scheifele and Kane are expected to form one of Winnipeg's top lines.

One rookie who stood out for the Jets was six-foot-five centre Adam Lowry, who gained some pro experience last season with the St. John's IceCaps of the AHL.

THE CANADIAN PRESS

AUGMENTED REALITY

metro AR

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If a romantic relationship is becoming a bit of a habit, the Sun in Libra will help you recover some of the sparkle that has been lost.

♉ Taurus
April 21 - May 21
You can make things easier for yourself by being a little less intense in both your attitude and your actions. Don't be tempted to burn the candle at both ends.

♊ Gemini
May 22 - June 21
According to the planets you are overreacting to a quite minor event. The good news is you will soon get over it. Make having fun your mission.

♋ Cancer
June 22 - July 23
Life could be a bit of a battlefield today especially when people whose way of doing things you despise insist that you follow their example. Your principles may not allow you to do that.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of then by all means shout about it and let everyone know. Your true friends will be delighted for you.

♍ Virgo
Aug. 24 - Sept. 23
Don't act hastily where a business matter is concerned or you could be paying for it well into the future.

♎ Libra
Sept. 24 - Oct. 23
You are determined to put right what you feel has gone wrong with your life and with the Sun moving into your birth sign today you can sense that the time to act has arrived.

♏ Scorpio
Oct. 24 - Nov. 22
The difficulties you are encountering are not designed to weaken you but to toughen you up for the challenges that lie ahead.

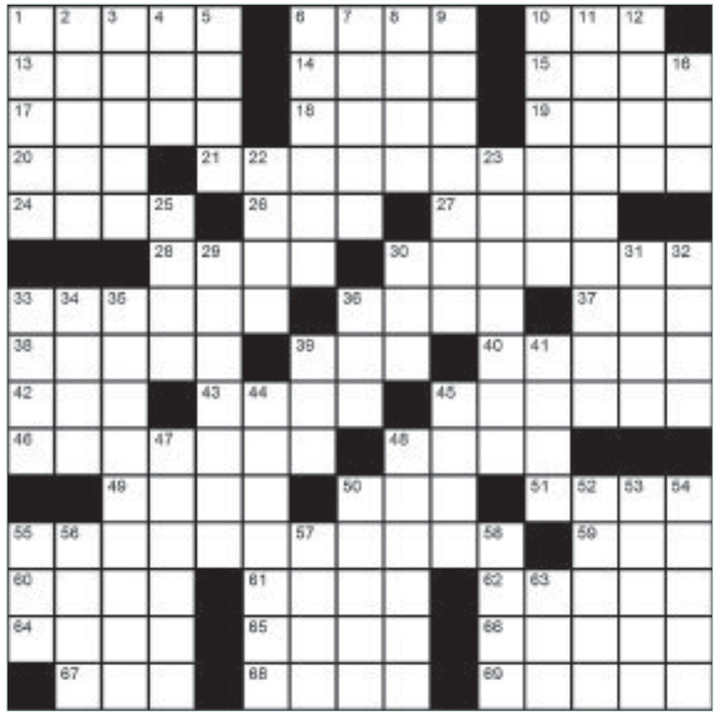
♐ Sagittarius
Nov. 23 - Dec. 21
How much of what you believe is based on fact and how much is based on wishful thinking? Don't be afraid to junk old ideas.

♑ Capricorn
Dec. 22 - Jan. 20
Some of the people you meet today will want to hear what you think about what's going on in the world — so tell them. Nothing gets changed by silence — and they did ask!

♒ Aquarius
Jan. 21 - Feb. 19
You have sacrificed a great deal in recent weeks. Now you are wondering if you are going to get something back in return. Don't worry, you will.

♓ Pisces
Feb. 20 - March 20
You are sure to tread on some toes and get criticized for it. No matter. Better to be clumsy and get noticed than to make all the right moves and fail to make an impression.

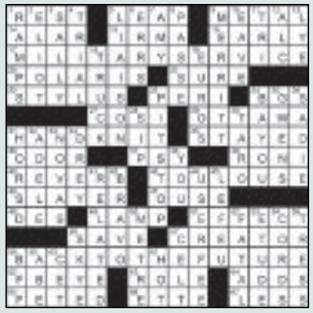
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. City in Iggy Azalea's "Fancy"
6. Life or death matter [abbr.]
10. Initials-sharers of Elvis' wife
13. __ and dined
14. Luke Spencer's daughter on "General Hospital"
15. Farm animals
17. Gladden
18. Biblical land where Moses was buried
19. Louisiana, for one, in French
20. Gun the engine
21. "Assimilate" industrial rockers from Vancouver: 2 wds.
24. Briefly get ready
26. These: French
27. Decorate again
28. Not completely closed
30. York __ National Historic Site of Canada, in Halifax
33. Orthodontics: Prepulling teeth thingy
36. Mr. Bridges
37. Kanga's sidekick
38. Ballroom dance
39. "Beverly Hillbillies" patriarch
40. "Curb Your Enthusiasm" star Mr. David
42. Religious robe
43. Airport scr. postings
45. Inattentive
46. Museum in Calgary
48. Dusty __ (Pink colour)
49. Someone remorseful
50. Pine-__ (Cleaning product)
51. Comfy house area
55. 1990 blockbuster on Michael Ironside's resume in which Arnold Schwarzenegger starred: 2 wds.
59. Greyish-brown
60. Mr. Rickman
61. Studied-for thing
62. Repent
64. Multivitamin
65. Egypt's river
66. Gravy cousin
67. Compass point
68. Celebrity
69. __-Tracy, Quebec

Down
1. Jerk
2. Cargo-of-crude carrier
3. Jack-in-the-deck
4. So far
5. Verses of veneration
6. More like Freddy's tree
7. Unstable leptons
8. Panache
9. Dorothy's slippers colour: 2 wds.
10. Phony
11. Scented mix of petals-and-spice
12. Exchange
16. Farm enclosure
22. Barenaked Ladies: "If I Had $1,000,000" vehicle
23. Vends
25. Treaty
29. 1938 Bette Davis/Henry Fonda classic
30. Curtains holder
31. Round Table knight
32. Yo-Yos
33. Loot
34. Melancholy
35. People from Edmonton's province
36. Mr. Lawrence, et al.
39. __-dropping (Surprising)
41. Preachy positive!
44. Charlottetown-born actor, Jonathan __
45. "__ with It" by Oasis
47. Subtlety
48. Wanderer
50. La __ (Milan opera house)
52. Scent
53. "An __ of prevention is worth..."
54. Prepare to pray
55. Li'l cartoon 'Devil'
56. "Rolie Polie __"
57. Leave
58. Laddie's love
63. Universal principle

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				9		7	2
6	4			2	8			3
				4		8		
	1				6	3	8	
		5	3		7	2		
	3	8	9				6	
		6		9				
1			2	7			3	8
5	7		8				2	9

Yesterday's Sudoku

3	8	4	5	6	7	1	9	2
6	2	1	4	9	8	5	3	7
9	7	5	2	3	1	6	4	8
1	3	2	8	7	5	9	6	4
4	6	7	3	2	9	8	1	5
5	9	8	1	4	6	2	7	3
2	1	9	7	8	3	4	5	6
7	4	6	9	5	2	3	8	1
8	5	3	6	1	4	7	2	9

URGENT: EBOLA OUTBREAK

Prevention is the only way to save lives. Your help is needed to stop the spread of this highly contagious disease.

care OXFAM OXFAM Plan Save the Children

HUMANITARIAN COALITION

Together saving more lives

The cost of this ad has been generously donated by: metro

CRISIS ALERT: Donate online at together.ca or call 1-800-464-9154

NEW CAMPUS.
NEW PROGRAMS.
NEW POSSIBILITES.

- **Legal Assistant**
- **Media Coordinator**
- **Accounting & Payroll Administrator**
- **Administrative Assistant** (Offered Online)
- **Business Administration**
- **Community Support Worker**
- **Computer Network Technology**
- **Health Care Aide**
- **Medical Laboratory Assistant**
- **Medical Office Assistant**
- **Radio & Television Broadcaster**

HERZING
COLLEGE

herzing.ca/winnipeg • 204.775.8175

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

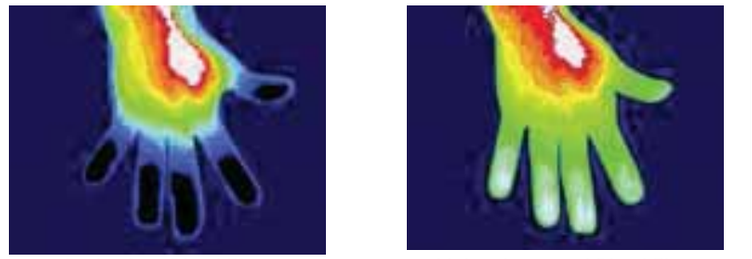
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

Hedley Enterprises Ltd.

AVAILABLE IN FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.

DISTRIBUTED BY HEDLEY ENTERPRISES 1.888.292.5660